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Subject: Some good runs

In the last week I have had some good runs. Distance is getting better, but the way I really know I'm doing well is because of the blister I have on the sole of my foot. Barefoot runs are better and longer and faster. I felt a sore spot, but didn't realize it was a blister. Awsome!

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A hot Summer has finally hit us. This week will be upwards of 100 heat index and my heart goes out to the guys in Graham. It's pure misery for them. I don't miss it.

wdl